



Base Bulletin

Vandenberg AFB, CA 93437-0759



22 August 2001

No. 34

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items (via email to <mailto:publishing.management.dci@vandenberg.af.mil> or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614) to arrive at DCI/SCSP by noon Friday, the week before you want your item to appear. Submit your items typed or printed on 30 SW Form 8, Official Bulletin Notice. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Limit official items to four lines, unofficial to 2-3 lines and personal items to 1 line. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I - ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961
Safety Hazard? Dial 5-SAFE (If off base, dial 605-SAFE)

SECTION II - OFFICIAL

1. 30th Communications Squadron:

a. EMSEC, COMPUSEC, SATE, COMSEC, Network Security? Find out more on the AFSPC Information Assurance web page at <http://midway.spacecom.af.mil/infoprotect/index.htm>. If you have any questions, please contact the 30 SW Information Assurance Office (30 CS/SCBI) at 5-2352. (30CS/SCBI, 5-2352)

b. Air Force E-Pubs Web Site: The Air Force Publishing web site has been closed temporarily. As an alternative, Publishing Management has one CD-Rom containing most Publications and Forms. Please call 6-7892/4 for needed publications and forms. (30 CS/SCSP-DCI, 6-7892/4)

c. Air Force E-Pubs Customer Service: Customer service is also available to e-mail publications and forms. Please contact the Air Force Departmental Publishing Office (AFDPO) Customer Service Desk at DSN 754-2438 and they will download and send you a copy of the item. For ordering physical products, please contact the AFPDC Customer Order desk at DSN 584-4529 and they will take your order either over the phone or via e-mail (e-mail address: afpdc-service@pentagon.af.mil).

d. New Visual Aids: The new Force Protection Condition (FPCON) visual aids are available on the VEPDL. The URL is: <http://vepdl.vandenberg.af.mil/30swpubs/31series.htm>. (30CS/SCSP-DCI, 6-7892/4)

2. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: TSgt Dobbs, ext 6-0904 (30 TRANS/LGTTH)

b. Approval for On-Base Commercial Carrier Accounts and Pick Up Points: Attention all DoD organizations on Vandenberg AFB: Under the provisions of AFI 24-201, paragraph 2.1, the Traffic Management Office (TMO) must approve all on-base commercial carrier accounts and pick up points. To assist us in ensuring we are complying with AFI 24-201, we request all organizations with a commercial carrier (Federal Express, United Parcel, etc.) contact TMO. POC: MSgt Hawley, ext 6-3381 (30 TRANS/LGTTF)

30th Security Squadron Information:

a. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If you are interested in starting this program in your area, call Police Services, 5-0792. (30 SFS/SFOSP)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg. 13675. For more information, call Police Services, 5-0792. (30 SFS/SFOSP)

c. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1., all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Room C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30 SFS/SFOSP)

OFFICIAL

Robert M. Worley II
Colonel, USAF
Commander

Susanne Brixler-Staab
Chief, Publishing Management

SECTION III – UNOFFICIAL

Santa Maria Museum of Flight Warbird Roundup: 21-23 Sep 01. This year aviation's ground support personnel are recognized. Static displays and fly-by's Saturday and Sunday. Watch the Plane-Pull as teams raise funds for Special Olympics, rides available over the Santa Maria Valley, and much more. For more information, call 922-8758. (Mary Meyer, 6-7894)

Family Support Center: Pre-Register for all Classes, Workshops & Seminars. (30MSS/DPF)

a. Job Information Expo: 22 Aug 01, 1000-1030, Family Support Center. Come to find out information on local job employment opportunities and sources. Find out who's hiring and who's not. Find out how to add your resume to the AF and local websites. Call 5-8557 for more information.

b. WIC Office Comes To You: 23 Aug 01. A satellite office of the Women, Infants, & Children (WIC) Program is at the Family Support Center the 4th Thursday of each month from 0800-1700 for Vandenberg personnel who meet program requirements. WIC is a nutrition education program, and provides supplemental food to promote good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information contact Teresa Orozco at 6-4636, or call the Lompoc WIC office at 737-6470 for an appointment.

c. Individual Retirement Accounts: 24 Aug 01, 1100-1200. Today IRA's offer greater flexibility and incentives for saving than ever before. Learn how to determine the best IRA choice for you and your family. To register call 6-4491.

d. Financial Basics: 27 Aug 1100. Learn financial management basics such as checkbook maintenance, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology and making your paydays count! To register call 6-4491.

e. Newcomer Spouse Orientation: 27 Aug 01, 745-1230 for a full morning of the Base Newcomer Orientation at the Pacific Coast Club or opt to arrive at 0950 to attend the Community Fair followed by the Spouse Group at 1100. Children are welcome to the Fair and Spouse Group — toys are provided. Meet other newcomers and learn about services and things to do on and off VAFB. Registration is not necessary, but call 6-0801 for more information.

f. Single Parents Support Group: 28 Aug 01, 1100-1230 at the Pacific Coast Club. This is an informal group for individuals who are dealing with divorce and single parenting. Pre-Registration not required. For more information, call 6-9958.

g. Interviewing and Dress for Success: 29 Aug 01, 0900-1130. Make a statement, and get the job! Learn what to wear and what “not” to wear. Learn tips to dress for your interview and workplace. To sign up, call 5-8557.

h. Assignment Korea: 30 Aug 01, 1330. An informational session designed for those who have orders, or are thinking of volunteering for Korea. Learn about the people, culture, tourism, and how to get around. Our instructor is Mr. Sunny Park, a Korean who just returned from a 5-year assignment at Osan.

i. Information and Referral: The I & R helps you determine your needs and refers you to the right resource. The I & R program is designed to give information on programs and services offered in the Vandenberg Community; on and off base. Call your Information & Referral contact if there is a service, program, location, or phone number you are looking for. Receive information on such topics as: Adoption, ARC Teen Babysitter Lists, Citizenship/Immigration, Elder care, Local Area Info, Speakers Bureau, Family Home Daycare Providers, Maps/Phone books, Santa Maria & Lompoc Preschool lists, Local Clubs/Assoc./Support Groups, and more! Dial 6-INFO (6-4636) and get the information you need.

j. Little Ones Lost Grieving Group: Active duty members, dependants and civilians have a safe and confidential forum for sharing and support regarding a family's recent miscarriage or fetal demise. For further information, contact Nancy Sias Family Advocacy Home Nurse Specialist at 6-8217 or 6-5338.

k. Tobacco Cessation Program: A 6-session class conducted at the HAWC. Topics covered are reasons why people smoke, effects of smoking, why people can't quit. Prescriptions for nicotine patch or Zyban are available. Call 6-2221 to register.

l. The Sensible Weigh: A 90 minute class instructed by a Registered Dietician, USAF Diet Therapist, and an Exercise Physiologist. Individuals will learn to identify principles for safe weight loss and weight control. Other topics include reading food labels, counting fat grams, planning menus, and incorporating the USDA food pyramid into a Healthy Eating Lifestyle. Classes run for 4 weeks, plus class electives. Call 6-2221 for more information.

m. Faith Groups: Call the Chapel for more information on Muslim, Orthodox, Buddhist, other faith groups, and about their Single's Ministry, Youth Programs, Men's/Women's Groups, and other Chapel activities, 6-5773.

30th Services Squadron: (30 SVS/SVK, 6-0276)

a. Pacific Coast Club: (For details on any club functions please call 734-4375 or 734-4376).

Entertainment

- **Ultimate Membership Drive Kickoff:** Now through 18 Nov 01. Become a club member during this drive and have a chance to win some new wheels.
- **Every Friday is Club Card Drawing.** Don't miss your chance to win the Jackpot. Drawing is every Friday between 1700-2000. Must be present to win.
 - ☛ 23 Aug 01, 2100-0200. **Mug Night with DJ in the Hawk's Nest.**
 - ☛ 24 Aug 01, 1700-2200. **DJ in the Hawk's Nest.**
 - ☛ 24 Aug 01, 2000-2400. **Karaoke Night in the Hawk's Nest.**
 - ☛ 24 Aug 01, 1800-2200. **DJ in the O-Lounge.**
 - ☛ 25 Aug 01, 2100-0200. **DJ in the Hawk's Nest.**
 - ☛ 30 Aug 01, 2100-0200. **Mug Night with DJ in the Hawk's Nest.**
 - ☛ 31 Aug 01, 1800-2200. **Karaoke Night in the O-Lounge.**
 - ☛ 31 Aug 01, 1700-2200. **DJ in the Hawks Nest.**
- **Coming Soon:** Football Frenzy 2001 will be back at the Pacific Coast Club in September.

Menu

- **A La Carte Menu Dining:** Available Tuesday & Wednesday nights except during Mongolian BBQ, 1800-2000.
 - ✂ 21 Aug 01: **Family Night.** The All-American Buffet Smorgasbord. \$8.95.
 - ✂ 22 Aug 01: **Members Special!** Mix & Match: 2 For 1 Chicken Cordon Blue or 7oz New York Steak. \$12.95.
 - ✂ 23 Aug 01: **Mongolian BBQ.** \$5.95 / \$.95 per additional ounce.
 - ✂ 28 Aug 01: **Family Night. Southern Night Buffet – Fried Chicken & Catfish.** \$8.95.
- **Family Night:** Tuesday night is “Family Night” at the Club. Children under 10 years eat free from the new children's buffet when accompanied by a paying adult. Limit two children per one adult. No take-out orders. 1800-2000.
- **Foggio's:** Call and order ahead at 5-7800.

b. Fitness Center: (30SVS/SVMP, 6-3832)

- **Shower Closure:** 27 Aug through 1 Sep 01. The Men's shower, restroom and sauna area will be closed due to construction. Limited shower and restroom facilities will be available at the swimming pool.
- **Ongoing Classes:** The Fitness Center has classes in Karate, Aerobics, Yoga and more. Stop by the Fitness center for the current schedule. For more information, call 736-6213.
- **Fitness Workshops:** All Fitness Workshops are located in the Services Center Aerobics Room.
 - ☞ 25 Aug 01, 1000. **Introduction to Indoor Cycling.**
 - ☞ 27 Aug 01, 1200. **Introduction to Pilates.**

c. Family Aquatics Center: (30SVS/SVRO, 6-3581)

- **Youth Swim Lessons:** Open Registration will be held from 0900-1300, Monday-Friday.

d. Bowling Center: (30SVS/SVK, 6-3209)

- **9-Pin No-Tap:** 25 Aug 01. Signups start at 1800. Bowling starts at 1830. Cost is \$10 per person. There will be a "300" pot.
- **Thunder Alley/Rock 300:** Glow and Bowl. Thursday, 1800-2100, Family Night. Friday, 2100-2400, Thunder Alley/Rock 300. Saturday, 2100-2400, Thunder Alley/Rock 300.
- **Bonanza Bingo:** Play daily from open to close. It's only \$1 per card for a chance to win up to \$1000.
- **Eat & Bowl:** Every Friday between 1830 and 2100. Bowl three games, get a cheeseburger, fries and drink for just \$7.00.

e. Services Center: (30SVS/SVYR, 5-8974)

- **Natural Knead Massage Therapy:** Therapeutic massage is a valuable addition to health care and fitness routines as a natural way to promote healthy body functioning, and to enhance the body's restorative powers. Located in the Services Center, call for appointments at 5-4748.
- **Country Line Dancing:** Ongoing FREE dance lessons at the Service Center, Wednesday, 1830-2100.

f. Youth Center: (30SVS/SVYY, 6-2152)

- **Missoula Children's Theater:** Offering kids the chance to shine in the spotlight following a week-long theater workshop. 25 Aug 01, 1100. Final Performance of "Treasure Island" at the Base Theater.
- **Parents Advisory Board:** Stop by the first Wednesday of every month for a Parents Advisory Board Meeting.

g. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

- **Base/Club Championships:** 25-26 Aug 01.
- **Junior Lessons:** Saturdays at 1330, with Bob Kotoski. Cost is \$5 per child. No sign up needed.
- **Ladies Priority:** Every Wednesday 0830-0900.
- **Intramural Golf:** Tuesday and Thursday, 1130-1230.

h. Rod & Gun Club: (30 SVS/SVRO, 6-4560)

- **Open Skeet and Trap Shooting:** Every Wed, Fri, Sat, and Sun at 0830, except for special events.

i. Library: (30 SVS/SVT, 6-6414)

- **Internet is Here!** The library now has Internet access available.
- **Pre-School Story Time:** 30 Aug 01, 1000. An ATWIND Event.
- **Women's Interest Book Group.** 30 Aug 01, 1200. Discuss "Winona's Web" by Priscilla Cogan. Brown bag lunch.

j. Outdoor Recreation: (30SVS/SVRO, 6-0960)

- **Motorcycle Show:** Looking for volunteers to help plan a motorcycle show. Volunteers needed for three classes: Harleys, cruisers, and sport bikes. Show is tentatively scheduled for late August/early September. All local dealers will be invited to attend. For more information, call Michael J. Renner at 6-5908.

Education Services & Human Resources Flight: (30MSS/DPHS, 5-5902)

a. Allan Hancock Registration: Late registration 20-24 Aug 01 for 8 week classes and 20-31 Aug 01 for 16 week classes. Classes begin 20 Aug 01. If you have questions call 734-3500 or 5-5915.

b. CCAF Fall Graduation: Deadline extended to 27 Aug 01. Please have all paperwork at the Base Education office by COB on 27 Aug 01 to meet the deadline for October graduation. For answers to your questions, contact Base Education 5-5906.

c. University of La Verne: University of La Verne will have a tuition increase from \$205.00 to \$215.00 effective 20 Aug 01 and an increase in the application fee from \$35.00 to \$40.00 effective 1 July. For more information, contact University of La Verne 5-5917.

d. VEAP-GI Bill Conversion: Want to let your unit know about this program for former VEAP participants? Contact Base Education 5-5904. We will be happy to speak at your Commanders Call.

e. Chapman University: Late registration 20-24 Aug 01. Classes for term IV will begin 27 Aug 01 and will conclude 26 Oct 01. Office hours M-TH 0830-1730, F 0900-1200. Contact 734-3310 for information.

f. Former VEAP Participants: Now is your chance to enroll in the Montgomery GI Bill, worth \$23,400 in education benefits over 36 months. Contact the Education Office before the 1 Nov 01 deadline to enroll. Visit the Education Office, Bldg 14001 across from the Base Commissary, or call 5-5904 for more information.

Personal Computer Training Classes: (30CS/MCA, 6-3371)

a. New Classes:

Publisher 2000: Microsoft Publisher 2000 helps you easily create, customize, and publish materials such as newsletters, brochures, flyers, catalogs, and Web sites. Publish easily to your desktop printer, at a copy shop or commercial print shop, or directly to the Web.

Front Page 2000: The Microsoft FrontPage® 2000 Web site creation and management tool gives you everything you need to create and manage exactly the site you want, whether you are creating a personal Web page or a corporate Internet or intranet site.

Form Flow: Learn how to make this program behave better.

Lunch and Learn: Call 6-3371 for the schedule of classes or visit: [\\30cs-training\Class Descriptions\Lunch and Learn.doc](#).

b. Classes are open to active duty military, DOD employees, Reservists, Guard and Volunteers supporting Team Vandenberg only. Walk-ins are welcome on a space available basis. To register, or for additional information, contact Ms. Lexi Schwartz via base email. If you do not receive a confirmation of your registration within two days, please contact us to see if we did receive it. For questions only, not reservations, call 6-3771. You will probably reach an answering machine, so please leave a message and we will call you back. The classes do not require knowledge of the individual programs but a working knowledge of Windows is required. We recommend taking the classes in the following order: Word, Excel, PowerPoint, and Access. Classes offered are:

Introduction to Computers — A Basic Class for Beginners. Access 97; Access Lab, Access 2000 Beginning; Access 2000 Intermediate.

Word 97; Word 97 Advanced; Word 2000. Palm PDA Beginning.

Excel 97; Excel 97 Advanced; Excel 2000. Project 98.

PowerPoint 97; PowerPoint 2000. Front Page 2000.

Publisher 2000. Outlook 98, Outlook 98 Email Only.

c. Computer Based Training (CBT) Facility. In addition to the existing traditional demonstration/lecture courses offered at the computer training facility located within Bldg. 9360, MCA Engineers, Inc. also reserves specific 4 hour blocks of time for those students interested in completing Computer Based Training (CBT) courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their regular work environment.